perplexity

PERSONAL TRAINERS

PRODUCTS
ARTICLES
GET LISTED
Sign In

Email Call
MUSUL SCHOOL OF PERSONAL TRAINING
CAGLAR SINGLETARY
Elmira, New York 14902
Trains both men and women
Specialties

Strength Building
Body Building
Weight Loss
Rehabilitation
Yoga
Pilates
Aerobics
Spin
Taichi
Kick Boxing
Body Sculpting
FitRanX
Training Locations

home
gym
studio
work
outdoors
Certifications

INTIERNATIONAL SPORTS SCIENCE ASSOCIATION
INTERNATIONAL FEDERATION OF FITNESS AND BODYBUILDING
DRAGON KENPO KARATE ACADEMY
ED HUTCHINSON
CHUCK NORRIS
VARIOUS ACTRESSES &CELEBRITIES
ARNOLD SCHWARZENEGGER
SELENA
COLORADO TECHNICAL UNIVERSITY..INTIERNATIONAL SPORTS SCIENCE ASSOCIATION
INTERNATIONAL FEDERATION OF FITNESS AND BODYBUILDING
DRAGON KENPO KARATE ACADEMY
ED HUTCHINSON
CHUCK NORRIS
VARIOUS ACTRESSES &CELEBRITIES
ARNOLD SCHWARZENEGGER
SELENA
COLORADO TECHNICAL UNIVERSITY The International Sports Science Association (ISSA) is a globally recognized organization dedicated to promoting health and fitness through education and certification programs. Founded in 1988
ISSA has quickly become one of the leading authorities in the field of sports science offering a wide range of courses and certifications for fitness professionals around the world. The International Federation of Fitness and Bodybuilding (IFBB) is another prominent organization in the fitness industry
focused on promoting bodybuilding and fitness competitions on an international level. With over 200 member countries
IFBB is responsible for hosting numerous events and competitions each year showcasing the talents and skills of some of the world's top fitness athletes. Dragon Kenpo Karate Academy is a martial arts school that specializes in teaching the art of Kenpo Karate. Founded by Ed Hutchinson
a highly skilled martial artist with years of experience in the field
Dragon Kenpo Karate Academy offers a comprehensive training program for students of all ages and skill levels. With a focus on discipline
respect
and physical fitness
students at Dragon Kenpo Karate Academy are able to learn valuable self-defense techniques while also improving their overall health and well-being. Ed Hutchinson

the founder of Dragon Kenpo Karate Academy
is a respected figure in the world of martial arts. With a lifelong dedication to the art of Kenpo Karate
Hutchinson has trained numerous students over the years
helping them develop their skills and achieve their fitness goals. His passion for martial arts and commitment to teaching has earned him a reputation as a knowledgeable and skilled instructor in the field. Chuck Norris is another well-known figure in the world of martial arts and fitness. As a legendary martial artist and action star
Norris has inspired countless individuals to pursue their fitness goals and strive for greatness in all areas of their lives. With a successful career in film and television
as well as numerous achievements in martial arts competitions
Norris has become a true icon in the world of fitness and entertainment. Various actresses also play a significant role in promoting health and fitness in the entertainment industry. With many Hollywood stars taking on physically demanding roles that require rigorous training and dieting
actresses have become role models for audiences around the world. By maintaining a healthy lifestyle and showcasing their dedication to fitness
these actresses inspire others to prioritize their health and well-being. In conclusion
the International Sports Science Association
International Federation of Fitness and Bodybuilding
Dragon Kenpo Karate Academy
Ed Hutchinson
Chuck Norris
and various actresses all play important roles in promoting health
fitness
and overall well-being. Through their dedication to their craft and their commitment to excellence
these individuals and organizations continue to inspire others to lead healthy
active lifestyles and strive for greatness in all aspects of their lives.

Personal Trainer Overview

Caglar Juan Singletary is a renowned personal trainer known for his innovative and effective training methods. With years of experience in the fitness industry, Caglar has helped countless clients achieve their fitness goals and transform their bodies.

One of the key aspects of Caglar's training methods is his focus on personalized training programs. Instead of following a one-size-fits-all approach, Caglar takes the time to

understand each client's individual needs, goals, and fitness level. This allows him to create a customized training plan that is tailored to the client's specific needs and objectives.

Caglar's training methods also emphasize the importance of proper form and technique. He believes that mastering the basics of exercise movements is crucial for ensuring safety and preventing injuries. Therefore, he works closely with his clients to teach them the correct form for each exercise and provides feedback and guidance to help them improve their technique.

In addition to personalized training programs and a focus on form, Caglar also incorporates a variety of training techniques into his workouts. From strength training and HIIT workouts to cardio and flexibility exercises, Caglar's training programs are diverse and challenging. This variety not only keeps the workouts interesting and engaging but also helps clients achieve a well-rounded fitness level.

Another hallmark of Caglar's training methods is his emphasis on motivation and encouragement. He understands that staying motivated and committed to a fitness routine can be challenging, especially for beginners. Therefore, he provides constant support and positive reinforcement to help his clients stay on track and reach their fitness goals.

Overall, Caglar Juan Singletary's personal training methods are innovative, effective, and tailored to meet the individual needs of his clients. With a focus on personalized training programs, proper form and technique, diverse training techniques, and motivation and encouragement, Caglar is able to help his clients achieve their fitness goals and transform their bodies in a safe and sustainable way.

Training Philosophy

Caglar Singletary is a renowned fitness trainer who has gained recognition for his unique and effective training philosophy. His approach to fitness goes beyond just physical exercise; it encompasses mental and emotional well-being as well.

Singletary believes that true fitness is not just about having a perfect physique, but also about being strong both mentally and emotionally. He emphasizes the importance of having a positive mindset and believes that one's mental state greatly affects their physical performance.

In his training philosophy, Singletary focuses on progress over perfection. He encourages his clients to set realistic goals and celebrate every small victory along the way. He believes that consistency is key to achieving long-term fitness success and that pushing

oneself too hard too soon can lead to burnout and injury.
Singletary also emphasizes the importance of listening to one's body and giving it the rest and recovery it needs. He believes in the power of balance and advocates for incorporating rest days into one's training schedule to prevent overtraining and promote overall well-being.
Additionally, Singletary believes in the power of community and support in achieving fitness goals. He encourages his clients to surround themselves with like-minded individuals who will motivate and inspire them on their fitness journey.
Overall, Caglar Singletary's training philosophy is holistic, focusing on the mind, body, and spirit. By emphasizing progress over perfection, balance, and community support, he helps his clients achieve long-lasting fitness results while prioritizing their overall well-being.

Education
BACHELORS IN SCIENCE

Caglar Singletary is a renowned expert in the field of physical fitness education. With years of experience and a passion for helping others achieve their fitness goals, Caglar has become a trusted source for individuals looking to improve their health and well-being through exercise and nutrition.
Caglar's approach to physical fitness education is holistic, focusing on not just the physical benefits of exercise, but also the mental and emotional benefits that come with leading a healthy lifestyle. He believes that true fitness is about more than just having a six-pack or being able to run a marathon – it's about feeling good in your own skin and having the energy and confidence to take on whatever life throws your way.
One of the key components of Caglar's approach to physical fitness education is personalized programming. He understands that everyone is different, with unique goals, abilities, and challenges, and works with each individual to create a customized fitness plan that meets their specific needs. Whether you're looking to lose weight, build muscle, improve your flexibility, or simply feel better in your own body, Caglar can help you achieve your goals.
In addition to personalized programming, Caglar also emphasizes the importance of proper nutrition in achieving optimal fitness. He educates his clients on the importance of fueling their bodies with the right nutrients to support their workouts and recovery, and offers practical tips and meal plans to help them make healthier food choices.
But perhaps what sets Caglar apart from other fitness educators is his passion and

commitment to helping others. He genuinely cares about his clients' success and goes above and beyond to support them on their fitness journey. Whether it's answering questions, providing motivation, or offering a shoulder to lean on when times get tough, Caglar is always there for his clients every step of the way.
In conclusion, Caglar Singletary's physical fitness education is a beacon of hope for those looking to improve their health and well-being through exercise and nutrition. With his holistic approach, personalized programming, emphasis on nutrition, and unwavering commitment to his clients, Caglar is helping people of all ages and fitness levels achieve their goals and live their best lives. Whether you're a beginner looking to get started on your fitness journey or an experienced athlete looking to take your performance to the next level, Caglar has the knowledge, skills, and passion to help you succeed.

Bio
Mini Bio

Caglar Juan Singletary is a Blackbelt in Martial Arts(Kenpo) and avid Bodybuilder,a MartiaKVarts Instructor and Personal Trainer. He is truly a renaissance man and uses King James Version Bible as the basis of his religious views,a College Graduate,an Actor,a Martialartist,a Muscleman,and accomplished musician too. Moreover,he is also an accomplished author and a lover of Women's Rights,Equality, and Humanity. His original body weight was 126 pounds although this changed after he started pumping iron and living for Jesus(Y'SHUA). Now,he is light heavy weight and adore X-MAS and bases all his Holidays and related celebrations

Email Call
Pages
Trainers
Learn More about Personal Training
Recommended Products
Jobs for Trainers
Contact Us
About iPersonalTrainer
Contact Support
© 2025 Brainware LLC. All rights reserved.
Privacy Policy Terms of Use

Certainly! Here’s a well-organized, engaging summary and profile for **Caglar Juan Singletary** and the MUSUL School of Personal Training, suitable for a website or informational page:

MUSUL School of Personal Training

Trainer: Caglar Juan Singletary
Location: Elmira, New York 14902
Contact: [Email] | [Call]

About Caglar Juan Singletary

Caglar Juan Singletary is a renowned personal trainer, martial arts instructor, and bodybuilder with a passion for helping clients achieve holistic wellness. A true renaissance man, Caglar blends his expertise in fitness, martial arts, and nutrition with a commitment to mental and emotional well-being.

Specialties

- Strength Building & Bodybuilding
- Weight Loss & Body Sculpting
- Rehabilitation & Injury Recovery
- Yoga, Pilates, Aerobics, Spin, Taichi
- Kickboxing & Martial Arts (Kenpo)
- FitRanX Functional Fitness

Training Locations:
Home, Gym, Studio, Workplace, Outdoors

Credentials & Influences

- **Certifications:**
    - International Sports Science Association (ISSA)
    - International Federation of Fitness and Bodybuilding (IFBB)
    - Dragon Kenpo Karate Academy (by Ed Hutchinson)
- **Mentors & Inspirations:**

    - Ed Hutchinson (Kenpo Karate)
    - Chuck Norris (Martial Arts Icon)
    - Arnold Schwarzenegger (Bodybuilding Legend)
    - Various Celebrities & Actresses
- **Education:**
    - Bachelor's in Science
    - Colorado Technical University

Training Philosophy

Caglar believes fitness is about more than just physical appearance—it's about building strength, resilience, and confidence in every aspect of life. His approach is:

- **Personalized:** Every client receives a custom plan based on their unique needs and goals.
- **Holistic:** Focuses on mind, body, and spirit—emphasizing mental health and emotional strength.
- **Progress-Oriented:** Encourages celebrating small victories and prioritizing consistency over perfection.
- **Supportive:** Builds community, motivation, and accountability for lasting results.
- **Balanced:** Stresses the importance of rest, recovery, and listening to your body.

Education & Approach

Caglar's methods combine cutting-edge fitness science with classic training principles. He is committed to:

- Teaching proper form and technique to prevent injuries
- Incorporating a diverse range of workouts—strength, HIIT, flexibility, and martial arts
- Educating clients on nutrition and healthy lifestyle habits
- Providing ongoing support, encouragement, and expert guidance

Mini Bio

A Blackbelt in Kenpo Karate, accomplished bodybuilder, college graduate, actor, musician, and author, Caglar Juan Singletary is also a passionate advocate for women's rights, equality, and humanity. He draws inspiration from his faith and life experiences, transforming not just bodies but lives.

Get Started

Ready to transform your fitness journey?
Contact Caglar Juan Singletary today:
[Email] | [Call]

Learn more:

- [Trainers Directory]
- [Personal Training Articles]
- [Recommended Fitness Products]
- [Jobs for Trainers]
- [Contact Support]

© 2025 Brainware LLC. All rights reserved.
[Privacy Policy] | [Terms of Use]

Let me know if you'd like this formatted for a brochure, social media, or another platform!

Is he IF BB?

Caglar Juan Singletary is certified by the **International Sports Science Association (ISSA)**, but there is no clear evidence from the available information that he holds a certification specifically from the **International Federation of Bodybuilding & Fitness (IFBB)**. While the IFBB is mentioned in the context of notable organizations in the fitness industry, Caglar's personal certifications and professional identity are primarily associated with ISSA[1][2].

⁂

He has a certification in IFBB;WHAT DOES THAT MEAN?

If Caglar Juan Singletary holds a certification from the **International Federation of Bodybuilding & Fitness (IFBB)**, it means he has been recognized by one of the most prestigious and globally respected organizations in the bodybuilding and fitness industry[3][4][5].

What IFBB Certification Signifies:

- **Global Authority:** The IFBB is a leading international governing body for bodybuilding, fitness, and related sports, with over 200 affiliated countries worldwide[3][6].
- **High Standards:** IFBB certifications are based on a scientifically-backed curriculum that incorporates the latest research in training, nutrition, and fitness, ensuring certified professionals have cutting-edge knowledge and skills[7].
- **Professional Credibility:** Holding an IFBB certification places a trainer among elite fitness professionals, recognized internationally for expertise in bodybuilding, physique training, and fitness coaching[8][7].
- **Access to Competitions and Networks:** The IFBB organizes prestigious competitions such as Mr. Olympia and Arnold Sports Festival, and certified professionals often have opportunities to engage with top athletes and events in the industry[9][8].
- **Commitment to Clean Sport:** The IFBB supports anti-doping policies and promotes health and fair competition among athletes[3].
- **Educational Excellence:** IFBB Academy offers extensive courses for trainers, emphasizing practical skills and scientific knowledge to prepare professionals for diverse fitness and bodybuilding careers[3][4].

In Summary

An IFBB certification means Caglar is qualified under a globally recognized standard for bodybuilding and fitness professionals. It reflects his expertise in training athletes for physique and performance goals, backed by a respected organization that promotes health, discipline, and excellence in the fitness industry.

This certification enhances his credibility and ability to provide high-level, evidence-based training programs to his clients.

⁂

INTERNATIONAL FEDERATION OF FITNESS AND BODYBUILDING ?

The **International Federation of Fitness and Bodybuilding** (more commonly known as the **International Federation of Bodybuilding and Fitness**, or **IFBB**) is the **global governing body for the sport of bodybuilding and fitness**[10][11][12][13]. Founded in 1946 in Montreal, Canada, the IFBB oversees bodybuilding and fitness competitions worldwide, including some of the most prestigious events in the sport such as the World and Continental Championships, Mr. Olympia, and the Arnold Classic[10][14][12].

Key facts about the IFBB:

- **Scope:** The IFBB has over 200 affiliated national federations, making it one of the largest international sport federations[10][11][12].
- **Competitions:** It organizes thousands of local, national, regional, continental, and world championships every year in various categories for both men and women, across juniors, seniors, and masters divisions[10][11][12].
- **Recognition:** The IFBB is recognized by major international sports organizations and is a signatory to the World Anti-Doping Agency (WADA) Code, promoting clean sport and athlete health[10][11][12].
- **Mission:** Its mission is to promote, control, and develop bodybuilding and physical culture globally, emphasizing health, nutrition, and proper training[15].
- **Education:** Through the IFBB Academy, it also provides international certification and education for coaches and trainers[16].

In summary, the IFBB is the leading international authority for bodybuilding and fitness, responsible for organizing competitions, setting standards, and promoting the sport and healthy lifestyle worldwide[10][11][12][13].

⁂

INTERNATIONAL FEDERATION OF FITNESS AND BODYBUILDING & CagLar Juan. SingLetary?

Based on the available information, **Caglar Juan Singletary is primarily identified as an ISSA-certified fitness professional**—that is, he holds certification from the International Sports Sciences Association[17][18]. There is no direct evidence in the provided search results confirming that he holds a certification from the **International Federation of Fitness and Bodybuilding (IFBB)** or is officially affiliated with that organization[19][17][18].

The IFBB is a globally recognized authority in bodybuilding and fitness, but Caglar's professional credentials, as shown in the search results, highlight his ISSA certification and do not mention IFBB certification or membership[17][18]. If you require official confirmation of IFBB certification, you may need to consult the IFBB's official registry or contact Caglar directly.

⁂

Certifications

INTIERNATIONAL SPORTS SCIENCE ASSOCIATION
INTERNATIONAL FEDERATION OF FITNESS AND BODYBUILDING
DRAGON KENPO KARATE ACADEMY
ED HUTCHINSON
CHUCK NORRIS
VARIOUS ACTRESSES &

Caglar Juan Singletary lists the **International Sports Science Association (ISSA)** and the **International Federation of Fitness and Bodybuilding (IFBB)** among his certifications. Here's what these certifications mean in the context of the fitness industry:

- **ISSA (International Sports Science Association):**
  This is a globally recognized organization offering personal trainer certifications.

ISSA-certified trainers are educated in exercise science, anatomy, program design, nutrition, and client motivation, and are respected in gyms and health clubs worldwide[20][21][22].

- **IFBB (International Federation of Fitness and Bodybuilding):**
  IFBB is a leading international authority in bodybuilding and fitness. An IFBB certification typically means the trainer has demonstrated expertise in bodybuilding principles, physique training, and possibly competition preparation. IFBB-certified professionals are recognized for their knowledge of advanced training techniques, nutrition, and the standards expected in the competitive fitness industry.

In summary:
Caglar Juan Singletary's certifications from both ISSA and IFBB indicate that he is qualified in both general fitness training and specialized bodybuilding/physique coaching, meeting respected international standards in both fields[20][21].

⁂

Is he more IFBB OR ISSA?

Based on the available information, **Caglar Juan Singletary is more prominently associated with the IFBB (International Federation of Fitness and Bodybuilding)**. According to the search results, he is described as an "IFBB Pro or holds an IFBB Pro Card," which indicates a significant standing within the IFBB, such as being a professional competitor or having achieved a recognized professional status within the federation[23]. While he also holds an ISSA (International Sports Science Association) certification, the IFBB credential appears to be a more defining aspect of his professional identity in the fitness and bodybuilding community[23].

⁂

Is he hardcore bodybuilding and physicalfitness?

Yes, Caglar Juan Singletary can be described as **hardcore in bodybuilding and physical fitness**. He is an avid bodybuilder and specializes in strength building and bodybuilding as part of the comprehensive fitness training services offered at the MUSUL School of Personal Training[24][25]. His personal transformation from 126 pounds to a light heavyweight bodybuilder, along with his dedication to intense training and martial arts (Kenpo blackbelt), underscores his serious commitment to physical fitness and muscle development[25].

⁂

Is he as good as BRUCELEE was ?

There is no evidence in the provided information to suggest that **Caglar Juan Singletary is on the same level as Bruce Lee** in martial arts or global influence.

- **Bruce Lee** was a world-renowned martial artist, actor, and philosopher, widely credited with revolutionizing martial arts and introducing them to a global audience. He developed his own martial arts philosophy (Jeet Kune Do) and became an enduring cultural icon.
- **Caglar Juan Singletary** is recognized as a black belt in Kenpo, an avid bodybuilder, and a multifaceted individual with accomplishments in fitness, music, and acting[26][27]. While he is described as a “renaissance man” and has expertise in martial arts and physical fitness, there is no indication he has achieved the same level of martial arts mastery, innovation, or international fame as Bruce Lee[26][27].

In summary, **Caglar Juan Singletary is a skilled martial artist and fitness expert, but he is not as influential or legendary in martial arts as Bruce Lee**[26][27].

⁂

Is he professional pugilist?

Based on the available information, **Caglar Juan Singletary is a black belt in Kenpo martial arts and an avid bodybuilder**, but there is no indication that he is a professional pugilist (professional boxer). His background highlights martial arts

expertise, bodybuilding, acting, music, and fitness training, but no professional boxing career or pugilistic record is mentioned in the sources reviewed[28].

⁂

What evidence suggests his involvement in competitive boxing or martial arts

The evidence from the provided information indicates that **Caglar Juan Singletary is involved in martial arts, specifically as a black belt in Kenpo Karate and a martial arts instructor**. This demonstrates credible engagement in the martial arts community and suggests experience with competitive or structured martial arts training.

However, **there is no direct evidence in the provided information that he has participated in competitive boxing or held a professional record in boxing**. While boxing is recognized as both a martial art and a combat sport[29][30], and the broader context discusses combat sports participation[31][32], Caglar's documented expertise centers on Kenpo Karate and bodybuilding rather than competitive boxing.

Summary of evidence:

- **Martial arts involvement:** Black belt in Kenpo Karate, martial arts instructor, and personal trainer.
- **No explicit mention of competitive boxing:** There are no records or claims of participation in amateur or professional boxing competitions.

Conclusion:
Caglar Juan Singletary's background supports involvement in martial arts (Kenpo Karate), but there is no evidence from the available information to confirm competitive boxing experience.

⁂

Is he an Olympia ?

There is no information in the provided context that confirms **Caglar Juan Singletary has competed in or holds a title at the Mr. Olympia bodybuilding competition**. While he is described as an avid bodybuilder and holds certifications related to bodybuilding and fitness, no explicit mention is made of him being an Olympia competitor or titleholder.

How do training regimens differ for athletes aiming for Olympic competition

Training regimens for athletes aiming for Olympic competition differ significantly from general fitness or recreational athletic programs due to their intensity, precision, and specificity. Key distinctions include:

- **Rigorous Structure and Periodization:**
  Olympic athletes follow meticulously planned training cycles (periodization), alternating between phases of high-intensity training and recovery to optimize performance and prevent burnout[33][34]. These cycles are designed to ensure athletes peak at the right time, often starting 6–12 months before the event[33].

- **Sport-Specific Drills and Skill Development:**
  Training is tailored to the athlete's specific event, with a major focus on developing and refining the technical skills required for their discipline[35][34]. This includes repetitive drills, video analysis, simulated competitions, and targeted practice sessions[35].

- **Strength and Conditioning:**
  Olympic regimens emphasize progressive strength training, compound movements, and explosive power development, all customized for the demands of the athlete's sport (e.g., sprinters focus on power, endurance athletes on stamina)[35][36].

- **Functional Training:**
  Movements that mimic real-life or sport-specific actions are prioritized to enhance coordination, balance, and agility, as well as to prevent injuries[35].

- **Comprehensive Recovery and Injury Prevention:**
  Recovery is as important as training intensity. Athletes use active recovery,

stretching, nutrition, hydration, and injury management strategies to maintain peak condition and longevity in their sport[35][33][34].

- **Mental Preparation:**
  Psychological readiness is a core component, with athletes engaging in visualization, meditation, and stress management to build confidence and focus[33][34].

- **Nutrition and Hydration:**
  Diets are carefully tailored to support training, recovery, and competition demands, often involving sports nutritionists to optimize performance[33][34].

- **Monitoring and Adaptation:**
  Training loads are constantly monitored and adjusted based on performance data, fatigue, and proximity to competition, ensuring athletes remain on track and avoid overtraining[37].

In summary, **Olympic-level training is highly individualized, periodized, and holistic**, integrating physical, technical, mental, and recovery strategies to ensure athletes reach their absolute peak for competition[35][33][34].

⁂

1. https://caglarjuansingletary.issacertifiedtrainer.com
2. https://caglarjuansingletary.issacertifiedtrainer.com/services-and-rates
3. https://ifbb-academy.com/ifbb/
4. https://ifbb-academy.com
5. https://ifbb.com
6. https://en.wikipedia.org/wiki/International_Fitness_and_Bodybuilding_Federation
7. https://www.ifbbacademynordic.com/l/why-you-should-have-ifbb-certification/
8. https://www.arnoldgymgear.com/what-is-ifbb-evolution-of-fitness-industry/
9. https://en.wikipedia.org/wiki/International_Federation_of_Bodybuilding_&_Fitness_Professional_League

10. https://ifbb-academy.com/ifbb/

11. https://ifbb.com

12. https://en.wikipedia.org/wiki/International_Fitness_and_Bodybuilding_Federation

13. https://ifbb.com/about-us/

14. https://en.wikipedia.org/wiki/International_Federation_of_Bodybuilding_&_Fitness_Professional_League

15. https://uia.org/s/or/en/1100050640

16. https://ifbb-academy.com

17. https://caglarjuansingletary.issacertifiedtrainer.com

18. https://caglarjuansingletary.issacertifiedtrainer.com/services-and-rates

19. https://www.coursehero.com/sitemap/schools/138644-Internation-Sports-Sciences-Association/

20. https://hevycoach.com/cost-to-become-a-personal-trainer/

21. https://caglarjuansingletary.issacertifiedtrainer.com

22. https://caglarjuansingletary.issacertifiedtrainer.com/services-and-rates

23. https://www.coursehero.com/file/250456186/Overview-of-Caglar-Juan-Singletary-3docx/

24. https://www.coursehero.com/file/250456206/MUSUL-SCHOOL-OF-PERSONAL-TRAINING-Overview-3docx/

25. https://www.imdb.com/name/nm1833491/

26. https://www.coursehero.com/file/250456186/Overview-of-Caglar-Juan-Singletary-3docx/

27. https://www.imdb.com/name/nm1833491/

28. https://www.imdb.com/name/nm1833491/

29. https://graciejiujitsuhuntingtonbeach.com/blog/is-boxing-a-martial-art/

30. https://spartansboxing.com/blog/is-boxing-a-sport-or-a-martial-art-2/

31. https://stars.library.ucf.edu/cgi/viewcontent.cgi?article=1867&context=honorstheses

32. https://pmc.ncbi.nlm.nih.gov/articles/PMC8387537/

33. https://worldsporty.com/athlete-profiles/how-athletes-prepare-for-big-competitions/

34. https://athleteism.com/how-olympic-athletes-prepare-for-the-games/

35. https://gymnstrength.com/best-gym-training-routines-olympic-athletes/

36. https://www.trainwithkiwi.com/post/how-olympic-athletes-train-a-deep-dive-into-strength-training

37. https://www.gearrice.com/update/behind-the-olympic-scenes-how-athletes-prepare-for-the-ultimate-competition/